



ELDERCARE RESOURCES

1. **Federal Child and Dependent Tax Care Credit:** When a physically or mentally compromised loved one lives with you and you need assistance to work or go to school full time. You may claim up to \$3,000.00 of expenses on your Federal taxes. This amount must be reduced by any monies you claim in item 2.
2. **Dependent Care Assistance Plan:** This is a flexible savings account; it allows the employee to contribute up to \$5,000.00/calendar year for expenses such as adult daycare. Must make desire for participation in the program known during the open enrollment period. This is a use it or lose it plan, with no monies being rolled into the next calendar year.
3. **Family and Medical Leave Act:** <http://www.dol.gov/whd/fmla/>
This is a 12 week per calendar year leave, to care for one's self or family. Vacation and sick time can be used for employee to stay in paid status, or the time can be unpaid. This Act guarantees one's pay, benefits and level of work responsibility when returning from leave. The 12 weeks can be taken all at once, or in small increments (Intermittent Family and Medical Leave). Communication with one's supervisor is essential, so family and job responsibilities can be fulfilled.
4. **ElderCare Locator:** 1-800-677-1116 or eldercarelocator@n4a.org
Meals, homecare, transportation options given for seniors.
Caregiving training and respite information given for caregivers.
5. **Arizona Area Agencies on Aging** (Arizona Division of Aging and Adult Services).
(602) 542-4446 www.azaging.org
Information and legal assistance, Care Management, Meals on Wheels, Nutrition Services
6. **Family Caregiver Support Program :** Part of the Arizona Area Agencies on Aging.
(602)542-4446. www.azaging.org
Individual Counseling, Support groups, Caregiver training, information, Assistance.
7. **State Health Insurance Assistance Program (SHIP):** (800) 432-4040 or (602) 542-4446
Assistance with Medicare, and Medicare Part B, managed care, long term care planning, health insurance and other health care concerns.
8. **Arizona Health Care Cost Containment System (AHCCCS), Medicaid :** (602) 417-4000 (Maricopa County), (800) 654-8713 (statewide). www.azahcccs.gov. This is Arizona's Medicaid program. Eligibility requirements must be met, in order to qualify. This allows recipients access to in home or even nursing home care, for those who meet requirements.
9. **Arizona Department of Veterans Services:** (602) 672-3261 (Phoenix), (602) 225-3373 (outside of Phoenix), (800) 852-8387 (Toll Free), <https://dvs.az.gov/>. Provides Arizona's aged or disabled veterans with rehabilitative, residential, medical care, and assists families' in sending Veterans claims to the Federal Government.
10. **Arizona Association of Provider for People with Disabilities:** (602) 510-9373, www.aappd.org
Provides lists of providers who can assist with interactive technology, in home care, care management, chore services, home health care, and transportation.
11. **Long Term Care Ombudsman Program:** (877) 767-2385, TTY: (877) 815-8390 Ombudsmen investigate complaints made by, or on behalf of those living in Assisted Living, or Nursing Home facilities. They also answer questions about the quality of care in nursing homes.

SELFCARE WHILE CARETAKING

Family Caregiver Support Program: (602) 542-4446, www.azaging.org

Individual counseling, support groups with times and locations and caregiver training. Respite care.

Arizona Caregiver Coalition: (888) 737-4494, www.azcaregiver.org

A coalition of organizations in Arizona that promote and care for family caregivers. Online group forums, caregiver blogs, information and education, caregiver advocacy.

Arizona Lifespan Respite Care Network: (888) 737-4494, www.azrespite.org

This organization exists to make respite care available to caregivers or adults or children. The website shows how one can access respite from any community in Arizona.

Assisted Living Advantage : (480) 419-4202, <http://assistedlivingadvantage.com>

Provides counseling, education, information and assistance, referral services, and support groups for caregivers throughout Arizona.

WHAT DOES ARIZONA STATE UNIVERSITY OFFER ME?

Dependent Care Assistance Plan (Flexible Spending Account): Up to \$5,000.00 of pre-tax dollars to be used for your loved one's care while you work or are in school fulltime.

FMLA and INTERMITTENT FMLA: <http://www.dol.gov/whd/fmla/>

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The Employee Assistance Office: (480) 965-2271, 525 S Forest Avenue, Suite 101. Free short term counseling for benefits eligible employees and their immediate family. Can assist caregivers in their own personal reactions to caregiving, or assist in giving direction to employees search for ways to care for their loved one.